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# The Coleman Journal

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VOLUME 84 - No. 44 The Journal - Coleman, Alberta Wed., July 10, 1968 single copy 10c

**Leslie Owen**  
DRY GOODS  
Ladies' and Men's  
Wear  
Main Street, Coleman

## Collieries Team Win Dominion Finals

Canadian Mine Rescue Championships were won by the Coleman Collieries mine rescue team at the Dominion finals held in Penitentiary, B. C., in June.  
The team includes Captain Hall Chamberlin, Anthony Fumagalli, Eugene Oswald, Harold Hansen, vice-captain, Jasper Jones and Edward Krywolt.  
Taking part in the finals were teams from British Columbia, Yukon, North-West Territories, Sas-

katchewan and Alberta.  
A team from Kentucky, U.S.A., was also present at the event, giving a demonstration.  
The Coleman team recently won the Alberta championship over the Cammore Mine team and the Edmonton Key Star Mine team at competitions held in Coleman.  
The win gave the local team the right to compete in the Dominion finals.

### John Ramsay Retires From Union Post

John "Jock" Ramsay, well known Coleman figure, retired from his position as secretary of the Coleman Local of the United Mine Workers of America last week. Accepting the union office keys from Mr. Ramsay was the new secretary, Pete Meroniuk.  
Mr. Ramsay served in this post for the past 13 years, and prior to this served the Union in various positions for 19 years, four of which were as president.  
Mr. Ramsay has also been an executive board member of Sub-District 5 of Calgary UMW for the past 10 years.

Well known in community affairs, Mr. Ramsay served on Coleman town council for a period of 20 years, and was also mayor of Coleman for several years. He was a director on the Coleman Light & Water Company, town-owned utility, and was on the original committee that negotiated the deal for the purchase of this valuable utility.

Mr. Meroniuk, president of the Coleman Miners Union Local 2633 for the past three years, began his new duties as of July 2nd.  
Mr. Meroniuk is married, and has six children.

He has worked in the International and Vicary Mines of Coleman Collieries and has been active in Union affairs since the early 1930's when he was organizer for the Youth Section of the Canadian Mine Workers Union of Canada.

William Skura has now taken over the office of Union president and John Sanshyn has accepted the vice-presidency. Douglas Skinner is pit committee chairman.  
Mr. Ramsay is planning a holiday overseas after which he will retire in Coleman.

### Presentation Made

President of the Coleman UMW, Bill Skura, vice-president John Sanshyn, retiring secretary John Ramsay, secretary Pete Meroniuk and committee man Doug Skinner, attended the annual United Mine Workers convention held in the Labor Temple in Calgary recently.

While at the convention, Mr. J. Ramsay was presented with a transistor radio from the executive and membership of the Coleman Local UMW for the many services he had rendered the Union while in office.

### Jim Radley Passes July 4th

James Alfred Radley of Coleman, passed away in the Crows Nest Pass Hospital on July 4th, 1968, at the age of 55 years.

He was born in Lethbridge, on October 30, 1913, and lived there until 1937, when he moved to Coleman, where he has resided since.  
He married the former Victoria Anderson in Taber on June 17th, 1936. He served with the Royal Canadian Navy in Canada from March, 1943, until April, 1945. He was a member of the Coleman Branch of the Legion.

He was employed as an office clerk for Coleman Collieries Limited.

He was predeceased by his father, William, in Lethbridge in 1948; a sister, Mrs. J. (Violet) Macintosh of Abbotsford, B. C., in 1961, and a brother Jack in Lethbridge in 1925.

Survivors include his wife Victoria in Coleman; a daughter, Fay of Lethbridge; one son, Ken in Victoria; his mother, Mrs. Annie Radley of Lethbridge; three brothers, Ted and Clarence of Lethbridge, and Alex of Vancouver; three sisters, Mrs. Rod (Alice) Kennedy of Lethbridge, Mrs. J. (Elena) Loban of Kimberley, B. C., and Mrs. F. (Bessie) Peters of Florida.

Funeral service was held from Fantin's Hillside Chapel, Coleman at 2 p.m. Monday, July 8th, with Rev. Harold Coward officiating.  
Interment followed in the Union cemetery. Fantin Chapels Ltd was in charge.

### Bingos Planned For Summer

Fire Chief Henry Zak announced this week that the Volunteer Fire Brigade will be holding two bingo nights during the summer.

The bingos will be held in the Elks hall on July 26 and on August 23 and 14 games will be played at each session. A large jackpot prize as well as other good prizes are being arranged.

Proceeds from the bingos will be used by the brigade for its different sponsorships including minor hockey and baseball teams, fire prevention week poster and essay contests and muscular dystrophy campaigns.

In Canada three quarts of the pulpmood used is cut from large company limits.

### ANOTHER MATA HARI?



Looking every bit as tempting as the female spy-vamp Mata Hari, whose power over men led them to make many a slip of the lip, is Agent 99 (Barbara Feldon) of CBC-TV's Get Smart spy spoof series, seen each Friday on CBC television. The cat is just a close friend.

### Husky-Tower Joins Western Sights



Calgary, Alta.—The highest structure of its kind in North America—the 62-story Husky Tower—has been added to famous western attractions for visitors.

The view of the Canadian Rockies is spectacular from the revolving restaurant and observation terrace at the top of the Tower. The restaurant, seating 210, revolves completely once each hour.

The 625-foot concrete and steel reinforced structure looms over Calgary, western Canada metropolis nestled on the prairies just east of the Rockies.

Husky Tower joins such other popular attractions as nearby Banff National Park, Lake Louise and Jasper National Park.

The 83½-million TOWER is named for the Husky Oil Company which produces, refines and markets gasoline and other products in the western prairie and mountain sections of the United States and Canada.

Some 3,000 cubic feet of concrete were used for the new six-million-pound Calgary landmark. It is 94½ feet across the eight-foot thick base upon which the Tower rests 20 feet below ground level. The diameter is 66 feet at ground level and the walls are a foot and a half thick.

The shaft decreases to 31 feet across at 450 feet; the walls narrow to 10½ inches thick. The top of the Tower "pod" varies from 78½ feet to 89 feet across just under the "bubble" skydomes in the rotunda.  
Two elevators whisk 25 persons at a time from ground to top in a minute and three seconds. There are 782 steps from top to bottom.

## Several Businesses are Interested in Coleman

Coleman town council has declared war on dogs following numerous complaints of stray dogs and others running loose, creating a nuisance.

Arrangements are being made to construct a dog pound and a tranquilizer gun has been ordered for the use of the dog catcher who will be appointed.

Reports indicated that several businesses now existing in the Michel-Natal area that will be closing down due to urban renewal are interested in coming to Coleman if commercial property is available.

Council will advise that such property is available as well as choice building lots for residential purposes in several of the town's new sub-divisions. All properties are fully serviced.

A letter was received from J. E. Jones, minister for the Jehovah's Witnesses Church enquiring if property was available for the construction of a new Kingdom hall in the area, near highway in East Coleman. Cost of the hall would be approximately \$10,000, and construction would start immediately.  
Council will advise that this area

is set aside for residential property.

If the group can find other suitable property in Coleman, council will consider the application.

Secretary Clarence Schile reported that tax collections during the past month have been good.

Council will advise ratepayers that July 10 is the deadline for payment of current taxes in order to obtain the 10 per cent discount if paid on or before this date.

Peter Walker was appointed as town enumerator.

In other council business, council approved building a backstop at the Horace Allen school ball park; install "crosswalks ahead" signs at both entrances to town; donation of \$100 to the Coleman Volunteer Fire Brigade.

Mayor Holyk was pleased to announce that after four years of work installing gas lines, sewer lines and building roads, all commitments made to various property owners have now been completed.

## Red Deer Team Wins Hose Coupling

The Red Deer No. 2 team took first place in the number one event of the Coleman Volunteer Fire Brigade competitions here on June 29th, by defeating the Red Deer No. 1 team. Times were 19 and 2/10 and 19 5/10 seconds respectively.

The second event and pumper event prize went to the Lethbridge No. 1 team, who chalked up time of 17.5 seconds to win out over the Cranbrook team time of 19.5 seconds.

Winners of the ladies' hose coupling competitions were the Coleman team, Vulcan team, Picture Butte and Red Deer.  
A total of 15 teams from Cres-

ton, Kimberley, Marysville, Cranbrook, Fernie, Coleman Collieries, Coleman Fire Brigade, Bellevue, Vulcan, Red Deer, Picture Butte and Lethbridge took part in the day's events.

A banquet supper was held for participating teams during the evening, when prizes and awards were presented.

Andy O'Toole of the Fire Commissioner's office in Lethbridge, Mayor Holyk of Coleman, and Fire Committee Chairman Mel Cornett, spoke at the event.

A dance in the Elks hall concluded the successful event. Draw for the 50 silver dollars was won by Evelyn Misura.

### Mrs. Geo. Rushton Passed Away

Word was received last week by Mr. Jack Rushton of the death of his daughter-in-law, Mrs. Dorothy Rushton in Edmonton on July 1st. Mr. Rushton attended the funeral which was held in Edmonton on Friday, July 6th.

Further particulars will be carried in the next issue of The Journal.

### Wright Services Are Held

Leonard-Wright of Coleman, Alberta, passed away in Lethbridge Hospital on July 2nd, 1968, at the age of 96 years.

He was born in Cowley, July 31, 1911, living there until 1936 when he moved to Coleman, where he has resided since.

He lived in Bellevue from 1944 to 1955.

He married the former Amy Harrison, September 3, 1940, in Trail, B. C. He was predeceased by his mother in 1942, his father in 1947, one brother in 1945, all in Cowley.

Survivors include his wife Amy and one son Jim, both of Coleman; four brothers, Harry of Pincher Creek, Gilbert of Pincher Station, Arthur of Cowley and John of Deer Park, Washington; one sister, Mrs. Eva Smyth of Cowley and two grand-daughters.

Funeral service was held Friday, July 5th at 2 p.m. in Fantin's Chapel with Rev. Harold Coward officiating. Cremation followed in Calgary.

In lieu of flowers donations may be made to the Canadian Cancer Association in care of L. S. Richards in Blairmore, Fantin Chapel Ltd. in charge.

Matches, campfires and smoking material cause more forest fires.

All professional woodworkers smoke only when sitting down.

### Circus Draws Record Crowd

Capacity crowds welcomed the Hubert Castle International Shrine Circus brought to Coleman on June 28th by the active Coleman Lions Club.

Animal acts, including elephants, tigers, lions, seals, dogs, as well as acrobats, trapeze artists and the clowns kept the blood running despite the weather doing its utmost to freeze both entertainers and audience.

Sunny periods during the afternoon show were spiced with a little rain and snow, and during the evening performance icy cold weather prevailed. A mishap occurred during the last act of the evening performance when one of the trapeze flyers fell and landed in the catch net below, which collapsed. The performer was not seriously injured.

It is estimated that over 4,000 persons attended the afternoon and evening performances.

Tickets for most of the school and pre-school children throughout the Crows Nest Pass were sponsored by local and out-of-town merchants and professional men.

### Receives Certificate

Mrs. Mildred Zak of Coleman has been granted a Certificate of Award by the Washington School of Art, of Port Washington, New York, after completing two years of study and passing the required assignments in drawing and painting.

Mrs. Zak has displayed pictures in the Bowman Art Centre in Lethbridge, and is a member of the Lethbridge Sketch Club. She has also completed studies under Frank Koci, well known Crows Nest Pass artist sculptor.

It costs over 30 million dollars annually to maintain Canada's forest fire fighting forces.

Canada was a pioneer in aerial fire control.

### Coleman Old-timer Passes

James Barclay of Coleman, passed away in the Crows Nest Pass Hospital on July 1st, 1968, at the age of 87.

He was born in Glasgow, Scotland, on January 24, 1881, and he came to Canada in 1923, settling in Coleman, where he has since resided.

He worked as a miner at the McGillivray Mine until his retirement in 1940. He was a member of the UMW.

He was predeceased by his wife Jane (Baxter) in Coleman on January 5th, 1958.

Survivors include one brother John and one sister, Mrs. W. Henderson, both in Scotland.

Funeral services were held from Fantin's Coleman Chapel at 11 a.m. Wednesday morning, with the Rev. Morrison of Pincher Creek officiating.

Interment was made in the family plot, Coleman Union cemetery. Fantin Chapel Ltd. was in charge.

Forest fires travel more quickly uphill than downhill.

### A Focus On Health



At World Health Assembly, 129 nations commemorate 25th anniversary year of World Health Organization.

The focus of international public health in 1968 is on the World Health Organization, one member of the United Nations family of specialized agencies. For, this is its 25th Anniversary Year.

WHO's first year of life in 1943 saw a modest \$5 million budget finance campaigns, waged generally then against age-old scourges as malaria, smallpox, and urban yellow fever.

Today, that figure is up tenfold, to more than \$5 billion. And projects range over health's full spectrum—from air pollution to zoonoses, the diseases transmitted between animal and man; and from ancient to modern ills.

Moreover, with some 30,000 public health workers thus far the recipients of fellowships, education and training in the skills national health services need are major programs.

WHO operates world-wide programs through six regional offices, doing so in the Western Hemisphere through the Pan American Sanitary Bureau, headquartered in Washington, D.C.

Though it was on April 7 twenty years ago that WHO came into existence, with ratification then of its constitution, official commemoration of that

milestone event takes place this year on May 7 in Geneva, Switzerland, as the annual World Health Assembly. Twenty-six nations were members of WHO when its life began. Now, two decades later,

at a special Twentieth Anniversary Commemorative Session of the global parliament on health, 129 nations—including every one in the Americas—mark the beginning of the third ten years of WHO.

# Last call!

## for 1968 Alberta Junior Citizen nominations.

Do you know a young person (or group) who deserves special recognition for any outstanding act or achievement between August 1, 1967 and July 31, 1968? Fill out this ballot, attach details on a separate sheet of paper, and mail to the editor of this newspaper!

TO: T. HOLSTEAD, BOX 40, COLEMAN, Alta.

I consider the following young Albertan (aged 6 to 16 years) worthy of an ALBERTA JUNIOR CITIZEN OF THE YEAR AWARD in 1968:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Date of birth \_\_\_\_\_  
☐ I attach details  
☐ I wish to nominate a group and attach details  
My Name \_\_\_\_\_  
My Address \_\_\_\_\_  
Town \_\_\_\_\_ Tel. \_\_\_\_\_



Alberta Junior Citizen of the Year Awards are sponsored by Alberta's independent electrical utility companies with the co-operation of Weekly Newspaper Editors.

## Advertising...

Modern advertising is a necessity to hold and build business. Be proud of your business, of the goods you have to sell, of the services you have to offer in your particular line. Show the progressive spirit and the desire to serve by advertising. Do not hide your light under a bushel — proclaim far and wide who you are and what you have to sell and where your place of business is, for public memory is short, and advertising is a powerful aid to all types of businesses. Moreover, people as a general rule shop where they are invited.

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**THE COLEMAN JOURNAL**

## Sometimes weekend drivers get a bonus.

You know what it's like when you take your wife for a drive in the country. She has a nose for auctions like you wouldn't believe. Stop! she'll cry, I believe that brass bed would be perfect for Jimmy's room!

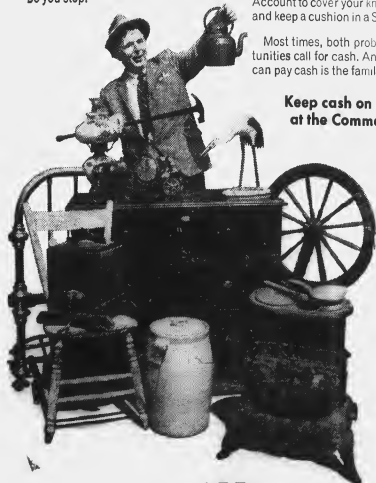
So you stop.

And one brass bed, two dining room chairs, a drop-leaf table and a lampshade later, she thinks she's ready to go.

Times like this, it's nice to have cash on hand. Use your Commerce Chequing Account to cover your known expenses — and keep a cushion in a Savings Account.

Most times, both problems and opportunities call for cash. And the family who can pay cash is the family in control.

Keep cash on hand  
at the Commerce.



CANADIAN IMPERIAL BANK OF COMMERCE

## THE COLEMAN JOURNAL

Published Every Second Wednesday at Coleman, Alberta  
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and Alberta Weekly Newspaper Association  
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### The Auditor General

If one man attempted to short-change the Receiver General of Canada by \$500 in income tax payments, the full force of law and order would be marshalled against him. It's possible that by the time his ordeal was over, he would have been confronted by the RCMP and officials of the Income Tax Department. He just might be threatened with court action to make sure he paid his arrears plus tax penalty.

There is, in our society, a form of personal accountability, but by contrast, there seems to be no form of governmental accountability. This last point is driven home year after year by the Auditor-General of Canada. His findings have consistently shown that the federal government annually mis-spends millions of dollars, and no one seems to care. Not only that, out there is apparently no drive by Members of Parliament to do anything about a situation which creates disrespect for government.

To some extent every taxpayer is being swindled by the government. The influence of the swindle is to stifle personal initiative and to create a mood where the government isn't for the people, but against them. The Auditor-General's report should cease to be a little joke and become a matter of concern.

### Alberta Selected Host Province

Alberta was selected as host province for the fifth Inter-provincial Conference on Uniform Pension Legislation. The conference was held at the Banff School of Fine Arts, Thursday, June 27.

The meeting attracted delegates from all provincial governments as well as representatives of the federal government including observers connected with the Canada Pension Plan.

A highlight of the conference was the signing of an Inter-provincial Reciprocal Pensions Agreement between Ontario, Quebec, Saskatchewan and Alberta. Under the agreement, an employer in one of the four provinces will be able to register a company pension scheme in his home province, with assurance that it will also be valid and recognized for coverage of pension plan members in the other three. Delegates also held discussions leading to possible implementation and the federal government.

Other matters of business included assessment of the effects of multi-purpose pension plans cur-

rently being proposed by pension consultants, and the possible establishment of an agreement on the portability of civil servants' pensions upon transfer from one government to another.

### Packaging Centre Opened At 'Bridge Brewery

The new \$1,750,000 Lethbridge Brewery packaging centre was officially open June 20, 1968, by the Mayor of the City of Lethbridge, A. C. Anderson.

The new packaging centre has been constructed adjacent to the main brewery building which has been a Lethbridge landmark since the turn of the century. It houses the largest and most up-to-date bottling line in Western Canada. The packaging centre incorporates equipment for bottle washing, filling, crowning, inspection and pasteurizing, the end-loading cartons and the automatic palletizing of full cases of House of Lethbridge products.

Mr. Jack Lachie, General Manager of the Lethbridge Brewery, said the packaging centre represents another step in the continuing development of the Lethbridge Brewery which has grown steadily over the years since its founding by Fritz Sick in 1901. "In this latest addition to the brewery our naturally brewed and slowly aged beers are packaged to maintain the high quality for which Lethbridge Pilsner, Lethbridge Lager and Royal Stout have become famous. The packaging centre has been designed and built to meet the growing consumer demand in Alberta and the Northwest Territories for our House of Lethbridge products", said Mr. Lachie.

### Farewell Held

Mr. and Mrs. Don Gibson were fettered at a farewell party at the Satellite Restaurant when close to fifty of their friends gathered for the occasion.

Mr. Gibson, an employee of West Coast Transmission, has been transferred to Hope, B. C., and Mrs. Gibson, who has been employed by the Bank of Commerce, has also arranged for a transfer to the Hope branch.

The couple were presented with an electric coffee pot as a farewell gift.

### U. C. W. Recess For Summer

The Coleman United Church Women held its last meeting of the season at which speakers included Mrs. E. Marr of Twin Butte, and Mrs. E. McLeod of Pincher Creek.

Both ladies spoke on the functions of the U.C.W. and answered many questions relative to the organization. Both ladies were presented with corsages.

A visitor, Mrs. Alice Hewitt, of Westbank, B. C., was introduced.

Following a pot luck supper the U.C.W. recessed for the summer months and will resume meetings September 9th.

### Lions Name Bingo Winners

Sofie Lepacek was the lucky winner of the \$100 jackpot at the Lions bingo.

Other winners were: \$12 each, Roy Gingras, Terry Aschacher, Mrs. S. Richards, Mrs. D. Hruby and Mrs. J. Mills.

\$10 each, Ed Nuttal, Mrs. Horvath, Harry Jepson, Mrs. J. Kinnear, Mrs. M. Jarvis.

\$5 each, Rea Pinel and Mike Amatto.

The next bingo will be held July 17 when the Lions will offer a \$100 to go, five \$12, five \$10 and a \$35 seven-number or less bingo as well as other games.

### Elks Announce Bingo Winners

Winners of prizes at the Elks bingo night were:

\$15 each, Mr. Rasky, Steve Pisony, Mrs. J. McQue, Mrs. Parry, Mrs. D. Hruby, Joe Semenzon.

\$15 split by Mrs. Thompson and Mrs. Vejprava, Mrs. Cornett and Margaret Gates and Mrs. King and Steve Pisony.

\$12, Mrs. P. Montalbetti, \$10, Marie Kinnear, Mr. Eldon and Mrs. Kinnear.

The next bingo night will be held on September 8th when a jackpot prize of \$100 in 57 numbers will be offered.

## Cash Prizes



COLEMAN LIONS

# BINGO

It's Fun!

IN THE

## Coleman Elks' Hall

ON

## Wed., July 17th

At 8.00 p.m. sharp

Admission - 12 Games - \$1.00

Bonus Cards 25c

## \$100 Jackpot in 75 Nos.

OR LESS

5 Prizes of \$12 and 5 Prizes of \$10

and

\$35.00 Bingo in 7 Numbers or Less

Also EXTRA GAMES according to attendance.

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**THE COLEMAN JOURNAL**

# ANSWERS TO YOUR QUESTIONS ABOUT THE ALBERTA HEALTH PLAN

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## WHAT IS BASIC HEALTH COVERAGE?

Basic Health Coverage consists of:

- Complete Medical, Surgical and Obstetrical Coverage
- Optometric Services
- Special Dental Surgery
- Podiatry Services and/or Osteopathic Treatments

## WHAT ARE THE RATES FOR BASIC HEALTH COVERAGE?

As of JULY 1st, 1968 regular subscription rates will be as follows: BASIC HEALTH SERVICES for single person will be \$76.00 a year - for a family of 2, \$152.00, for a family of 3 or more the cost will be \$200.00.

## CAN SUBSIDIZED RATES BE OBTAINED FROM THE ALBERTA HEALTH PLAN?

Yes.

As of JULY 1st, 1968, subsidized subscription rates will be as follows:

BASIC HEALTH SERVICES for a single person at Subsidy Level I (having no taxable income) will be \$12.00 a year; for a family of 2, \$12.00 a year, and for the family of 3 or more \$16.00.

For those at Subsidy Level II (Taxable Income up to \$500.00 for a single person or taxable income up to \$1,000 for a family), the rates will be \$20.00 per year for the single person, \$40.00 for a family of 2, and \$48.00 for the family of 3 or more.

## WHAT OTHER COVERAGE DOES THE PLAN OFFER?

IN ADDITION TO YOUR BASIC HEALTH COVERAGE YOU MAY SUBSCRIBE TO ONE OR MORE OF THE FOLLOWING:

- OPTION A. Hospital Care & Ambulance Service
- OPTION B. Drugs & Prosthetic Appliances (Artificial Limbs)
- OPTION C. Chiropractic & Naturopathy

## WHO IS ELIGIBLE TO PARTICIPATE IN THE PLAN?

ALL RESIDENTS OF ALBERTA.

## IS THERE ANY GROUP COVERAGE AVAILABLE?

No, the Alberta Health Plan offers ONLY individual and family contracts. Group coverage is available through other carriers.

If you already hold an Alberta Health Plan contract, you will be receiving your renewal forms together with complete information.

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## Before Digging Dial "0"

And ask for Zenith 07128

Dozens of good, solid, community-minded citizens dig fence post holes, trenches or ditches on their own property, and slice right through vital underground telephone cables.

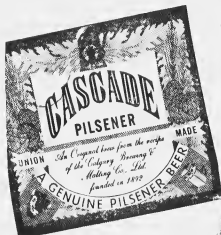
SO PLEASE, BEFORE DIGGING, DIAL "Zero" and ask for Zenith 07128. An AGT representative will locate and mark important cable installations for you. This is a complimentary service - courtesy of your telephone company.



ALBERTA GOVERNMENT TELEPHONES

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CALGARY BREWING & MALTING CO., LIMITED



## THE FACES OF 'EYE'

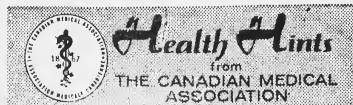


These are the talented young people responsible for CBC-TV's Sunday afternoon youth show, *Through the Eyes of Tomorrow*. From left are Carol Hunter, 17; Fred Harris, 21; Brant (Barney) Frayne, 19; producer Neil Andrews, and Wayne Thompson, 19. Missing is Bill Craig, 17, researcher and host who was on a story assignment.

injuries reported, and a total of 3,060 accidents were investigated. The first motorcycle, scooter and bicycle deaths of the season were reported this month. Three died as a result of scooter or motorcycle accidents. One other died as a result of a car-bicycle collision.

There were 48 injuries to riders of two wheeled vehicles.

Compared with the same month of 1967, May recorded one less fatality, 445 more accidents, and 125 more injuries. Estimated property damage to the end of April this year is \$6.6 million.



## Headache... A Variety

One of the most common causes of headache is tension, the Canadian Medical Association reports. The tension headache is usually in the back of the neck and head, but can spread into the temples and forehead. The neck muscles are tender to the touch. It results from continuous partial contraction of the muscles attached to the scalp. Typically these headaches come on towards the end of the day when the patient is tired.

A closely related type of headache is the psychogenic or emotional upset which may not be recognized. It is often described as a squeezing, tight band around the head, a heavy weight on top of the head, or a feeling that the top of the head is being lifted off.

Migraine headaches are also common. Although occurring in both men and women, they are most common in women. There is usually a strong family history of migraine, and it tends to occur in the more intelligent, industrious, energetic, intense and obsessional people. It results from a sudden expansion of the arteries in one side of the head and brain, after a period of contraction.

Migraine usually starts with a disturbance, followed by a severe one-sided pounding headache accompanied by nausea and vomiting. It lasts for periods ranging from several hours to a day or two. The C.M.A. says that each of these types of headache can be eased by appropriate medication prescribed by the family doctor.

Persistent or frequent headaches are a cause of concern. People should not try to "learn to live with it".

## Hypertension And Its Problems

In using the term "hypertension", the doctor usually refers to the condition in which the very small blood vessels of the body show increased resistance to the flow of blood. This, according to The Canadian Medical Association, is associated with an increase in the blood pressures.

This is the so-called essential hypertension, probably the most common form. Approximately 5% of the adult population of Canada is affected, and the disease is somewhat more common in females than in males.

The association of diabetes, obesity, kidney disease and high blood pressure is well known. Certainly being overweight is a definite factor, although the exact reason is not completely clear.

Thus the person who is overweight, or who has a family history of high blood pressure or diabetes, particularly during middle age, is a prime candidate for hypertension. A routine medical examination may disclose the presence of hypertension long before the patient develops symptoms of it.

The C.M.A. reports that the judicious use of reducing diets, salt restriction, and if necessary one or more of the many prescription drugs available can contribute a great deal to the patient's well-being. In many cases this type of treatment can delay or prevent the serious complications of high blood pressure that occur in such vital organs as the heart, kidneys or brain.

Tourists cause five times more fires than bushworkers in Canada.

CUT OUT HERE

**RESCUE BREATHING (MOUTH-TO-MOUTH)**

THE CANADIAN RED CROSS SOCIETY

1. TURN VICTIM FACE UP. RAISE neck with one hand and TILT head fully back with the other hand.

2. OPEN victim's mouth. PULL lower jaw to jaw position. PINCH nostrils shut to prevent air leakage. MAINTAIN downward pressure on forehead.

3. PLACE mouth tightly around victim's mouth and BLOW IN. The victim's chest should rise.

4. REMOVE your mouth. RELEASE victim's nostrils. LISTEN for air to come out of victim's lungs. LOOK for the fall of the victim's chest. PINCH NOSTRILS AND BLOW IN AGAIN.

REPEAT steps 3 and 4 continuously, IF AIR PASSAGES ARE NOT OPEN: CHECK neck and head positions, CLEAR mouth and throat of foreign substances.

Start immediately. Don't give up. Send someone for a doctor.

For infants and children, cover entire mouth and nose with your mouth. Use small puffs of air about 20 times per minute.

Apply rescue breathing in case of DROWNING, CHOKING, ELECTRIC SHOCK, HEART ATTACK, SUFFOCATION and GAS POISONING.

CUT OUT HERE

## WOJECK TEAM RIDES AGAIN



CBC cameraman Grahame Woods (left) and producer-director Ronald Weyman, who brought Canadian viewers the popular *Wojeck* series, are back at work on a new CBC-TV film drama series, *Man in the Middle*. The plot is currently being shot, with Canadian star Lee Patterson in the role of Dr. Noah Bunker, a maverick minister whose parish is the teaming city and whose congregation is drawn from the underprivileged of its crowded streets. *Man in the Middle*, created by Phillip Hersch, the creator of *Wojeck*, is slated to be *Wojeck*'s successor on the CBC-TV network in a future season.



## Laws Of Interest To Women

The 1968 version of the booklet, "Laws of Interest to Women of Alberta", compiled by the Women's Cultural and Information Bureau

will soon be off the press. Outside the booklet is the same... only a little more shocking pink in color. Inside you'll find a summary on the new divorce legislation; changes and simplification of the procedure on obtaining citizenship; updating of information from many

Alberta government departments and additions under "Courts" to mention the Small Claims Act Court and its functions, along with information on the recent rulings on rent deposits. Legal aid and the provincial government's consumer counselling service are also men-

tioned.

The Bureau has received over a thousand requests for this new version of the booklet during the last month. These will be filled early in July, the moment the booklet is off the press.

## The Homemaker



(Miss Patricia L. Peters, District Home Economist, Box 40, Claresholm, Alberta. Phone 235-3242. Cardston, Phone 653-3462. Pincher Creek, Phone 627-3130 or 627-4022)

Miss Patricia L. Peters, District Home Economist, Box 40, Claresholm, Alberta, Phone 235-3242, Cardston, Phone 653-3462; Pincher Creek, Phone 627-3130 or 627-4022.

The Alberta Women's Week will be held at the Agricultural and Vocational College at Olds, Alberta, under the direction of the Alberta Department of Agriculture Home Economics Branch.

Accommodation is provided in the new College Dormitories at a charge of \$5.00 per day for board and room (banquet included). Those of you with small children during class hours will be arranged. No charge is made for children under six years of age—a charge of \$3.00 per day is made for children six and up to 21 years. Women from towns and cities as well as farm women are welcomed.

The ladies attending the Alberta Women's Week 1968 will be one of the first groups to use the new College facilities—dormitories, cafeteria, gymnasium and meeting rooms.

The theme this year will be Second Century Family Living. Many interesting talks and discussions have been planned in practical Home Economics topics as well as other topics of interest to women. Some of these include:

—"Families in Change" - Mrs. Doris Badir, Lecturer, Family Living, University of Alberta.  
—"Education for Marriage" - Mrs. Edna Clark, Regional Home Management Specialist, Alberta Department of Agriculture, Calgary.  
—"At Home, 2001" - Mrs. Donna Bagden, Home Design Specialist, Alberta Department of Agriculture.  
—"Coping with Daily Stresses" - Mr. Walter Coombs, Executive Director, Canadian Mental Health Association, Edmonton.

—"The Shape of Things to Come" - Mrs. Marilyn Hemsing, Clothing and Textiles Specialist, Alberta Department of Agriculture.  
—"A Demonstration of Tie-Dyeing, Block Printing and Batik"  
—"A symposium on "Two Faces of Credit"

—"The Status of Women - A Progress Report" - Mrs. Lola Lange, Commissioner, Royal Commission Status of Women, Claresholm.

The banquet will be held Thursday evening at 6:30 p.m. and the guest speaker is Miss Bevan Patterson, Dean of Women, University of Calgary.

For any additional information and an application form, please contact me at my office.

## Sedgewick-Baruta Nuptials Solemnized

The Holy Ghost Catholic Church in Coleman was the setting for the afternoon wedding on June 15th, when Sophie Ann Baruta, daughter of Mr. and Mrs. Frank Baruta became the bride of Mr. John Leslie Sedgewick, son of Mr. and Mrs. John Sedgewick of Duval, Sask.

Given in marriage by her father the bride looked beautiful in a floor-length satin gown featuring a scooped neckline with lily-point sleeves. She wore a shoulder-length veil and carried a bouquet of red roses and white stephanotis. Her only jewelry was a cultured pearl necklace with matching earrings—a gift of the groom.

Attending the bride was her sister, Mrs. George Sedgewick, as a matron of honor, who wore a turquoise floor-length gown of peau d'creme with a scooped neckline and bell sleeves. Other attendants were Mrs. Lester Sanderon, Rocky Mountain House, sister of the groom, and Miss Kathie Baruta, youngest sister of the bride.

Both ladies wore floor-length gowns identical in style, as matrons of honor. Mrs. Sanderon had chosen a gold colored dress, while Miss Baruta selected a turquoise dress. Each of the girls carried bouquets of white carnations, ac-

cented by matching turquoise and gold ribbons. Their headpieces were floral arrangements on white lace and matching white accessories of white gloves and shoes.

Flower girl for the occasion was the groom's four-year-old sister, Kimberly, who was accompanied by Andy Baruta as ring-bearer.

Attending the groom were George Sedgewick of Edmonton, as best man, Lester Sanderon of Rocky Mountain House and Joe Baruta of Coleman.

Ushering were Const. Frank Baruta of Cloverdale and John Hvizdos, Jr., of Calgary.

For her daughter's wedding, Mrs. Baruta chose a blue crepe dress with white accessories and corsage of pink roses. Mrs. Sedgewick, the mother of the groom, wore a rose embossed fort dress with white accessories and corsage of pink roses.

Mr. J. Rejman presided at the organ and soloist was Miss Linda Skrzyzala.

A supper reception and dance was held in the Catholic hall with Const. F. Baruta acting as master of ceremonies. The head table was centered with a beautifully decorated wedding cake. Mr. R. Brown of Calgary, proposed the toast to the bride, which was responded to by the groom. Mr. George Sedgewick proposed the toast to the bridesmaids. Supper was followed by an evening of dancing.

Out of town guests attending the affair were from Saskatchewan, Dawson Creek, Port Couillard and Cloverdale, B. C., Rocky Mountain House, Red Deer, Edmonton, Calgary and Lethbridge, Alberta.

## Engagement Announcement

Mr. J. H. Kapalka wishes to announce the engagement of his daughter, Patricia Ann, to Mr. Robert James Murphy, son of Mrs. Mary Murphy of Hamilton, Ontario.

## Engagement Announcement

Mr. and Mrs. Philip Gray of Glasgow, Scotland, wish to announce the engagement of their youngest daughter, Phyllis Spence, to Mr. Ted Ziajka, youngest, and only remaining son of Mr. Mike Ziajka, and the late Mrs. Mary Ziajka of Coleman, Alberta. The marriage will take place at 3:30 p.m. on Saturday, July 27th, 1968, at Grace Presbyterian Church, Calgary, Alberta.

## IN MEMORIAM

JOHN STEVULAK—Passed away July 19, 1964.

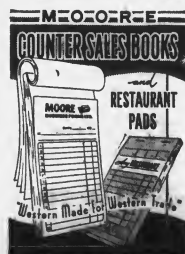
We cannot Lord, Thy purpose see,  
But all is well that's done by Thee.  
Ever remembered by,  
Annie and Murdoch  
Trail, B.C.

## Pass Hotel

Blairmore, Alberta  
(Sonny) Richards, Mgr.  
Modern Coffee Shop  
Rooms with Bath  
Reasonable Rates

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## The Coleman Journal

A power mower is indispensable for keeping the grass neat and trim. But watch out for those rejected sticks and stones that often fly up in its wake. These flying objects can damage your eyes warns The Canadian National Institute for the Blind.

## Classified Ads

FOR SALE  
TWO HOUSES and one 1955 CAR.  
Apply to Mrs. Olga Kroywich,  
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## Attend Church

### ST. PAUL'S United Church

Morning Service—10 a.m.  
Sunday School—10 a.m.  
You are All Welcome.

### ST. ALBAN'S CHURCH COLEMAN

10.00 a.m. Each Sunday.  
You are All Welcome.

### COLEMAN CHRISTIAN ASSEMBLY

Family Bible Hour — 11:00 a.m.  
Lord's Supper — 12:30 p.m.  
Evening Service — 7:00 p.m.  
Holding Fast the Faithful Word — Titus 1:9  
Holding Forth the Word of Life — Philippians 2:16.

### JEHOVAH'S WITNESSES Coleman

Meetings at Kingdom Hall  
Every Sunday at 10 a.m.  
Every Friday at 7 p.m.

### LUTHERAN SERVICES

Held in the Anglican Church  
7:30 p.m. Each Sunday  
Rev. Karl Keller  
Phone 627-4276  
Pincher Creek.

## Coming Events

The C.W.L. will hold a Bazaar and Tea in the Catholic Hall on Saturday, October 19th, from 2:30 to 5:30 p.m.

St. Paul's United Church Women will hold a Pie Social, Home Made Candy and Bake Sale in the Church hall on October 26th from 2 to 4:30 p.m.

St. Paul's United Church Women will hold their annual Fall Bazaar with Bake Table, Fancy Work and Novelty Table in the Church hall on November 16th.

The Anglican Women's Church Christmas Bazaar will be held on Saturday, November 23rd, in the Elks Hall from 2:30 to 5 p.m. Tea 50c. Bake Table. Please donate.

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# 1902



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By applying now, you will receive your first payment in January, 1969, when persons who have reached the age of 66 become eligible for Old Age Security.

## If you were born in 1903

... make application for your Old Age Security pension six months before your 66th birthday.

An application form for your Old Age Security pension is available at your local Post Office, or you can write to the Regional Director of Old Age Security in the capital city of your Province. Along with your application form you will receive a pamphlet giving you full information about the Old Age Security pension program.

## GUARANTEED INCOME SUPPLEMENT

As soon as your Old Age Security pension is approved, you will be sent information about the Guaranteed Income Supplement and an application form. You may be entitled to a supplement which, together with your Old Age Security pension, will guarantee you a monthly income of at least \$107.10.

ISSUED BY THE HON. JOHN C. MUNROE, MINISTER

THE DEPARTMENT OF NATIONAL HEALTH AND WELFARE



## Just married.

(to the convenience of electricity)

Friends of the Bride Friends of the Groom

**Electric Percolator**  
Perks to perfection, then keeps the coffee "just-right hot" automatically. It's convenient. It's electric!

**Electric Iron**  
Exact heat control to iron everything from dainty negligees to heavy jeans. It's convenient. It's electric!

**Barbecue with Electric Rotisserie**  
An electric-rotisserie barbecue makes every man an expert outdoor chef. It's convenient. It's electric!

**Electric Mixer**  
Pancakes or puddings mixed or blended to creamy goodness in seconds. It's convenient. It's electric!

**Electric Lawn Mower**  
A lightweight, quiet mower that keeps lawns trim and tidy with less effort. It's convenient. It's electric!

**Electric Carving Knife**  
A knife that gives every "gray blade" the skill of a master-carver. It's convenient. It's electric!

**CALGARY POWER**

For Electricity - For Convenience!

## Roxy Theatre

Show Times—Monday to Friday, 1 show, 8.00 p.m.  
Saturday at 2 p.m., 7 p.m. and 9 p.m.

### COMING ATTRACTIONS

Thursday and Friday, July 11 and 12

## "Cast a Giant Shadow"

Kirk Douglas - Santa Burger - War Story  
ADULT

Saturday and Monday, July 13 and 15

## "Eight on a Lamb"

Bob Hope - Phillis Diller - Comedy - FAMILY  
Matinee Sat., July 13, at 2 p.m.

Thursday and Friday, July 18 and 19

## "Ambush Bay"

Hugh O'Brian - Mickey Rooney - War Story  
FAMILY

FOUR DAYS—Saturday, Monday, Tuesday, Wednesday  
JULY 20, 22, 23 and 24—FOUR DAYS

## "JUNGLE BOOK"

PLUS

## "CHARLEY THE LONESOME COUGER"

FAMILY

SATURDAY EVENING SHOW TIME 6.30 and 9 p.m.

Matinee Sat., July 20, at 2 p.m.

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Your Dry Cleaning may be left at

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The Coleman Journal

## Personalities IN THE NEWS

Mr. and Mrs. Robt. Hleuka and two sons from Vancouver, B.C. and accompanied by Miss Carmen Becker from Cranbrook, B.C. visited at the home of the formers mother Mrs. Carmen Hleuka.

Mr. and Mrs. J. Kulig and family visited the latters sister and brother-in law Mr. and Mrs. L. Frayn at Fort Macleod over the week end. While there they attended the Stampede and Parade held in that town on July 6.

Mr. and Mrs. Andy Vrakovy were recent Trail, B.C. visitors at the home of their son-in law and daughter Mr. and Mrs. Bob DePellegrin.

Mr. Ray Dunlop of Vancouver, Mrs. Audrey Howarth of Calgary and Mr. David Howarth of Edmonton have been visiting at the home of Miss Margaret and Mr. Hugh Dunlop.

Mr. and Mrs. J. H. Mosher of Lethbridge and Miss Evelyn Mosher of Vancouver were recent guests at the home of Mr. Hugh Dunlop and Miss Margaret Dunlop.

Mr. and Mrs. Gordon Naegeli recently had as their guests the latters uncle Mr. Murry Dick, son Murry and daughter Mary from Glasgow, Scotland, also visiting them was Mrs. Naegeli's mother, Mrs. Janet Bone. They all enjoyed the Calgary Stampede on Friday and Saturday.

Mr. and Mrs. R. Tiffin returned home after spending a holiday with Mr. and Mrs. Wilf Dutil of White Rock B.C. They also visited Mr. and Mrs. Gus James and Mr. and Mrs. Tom Burns of Vancouver.

Mr. and Mrs. W.J. Raymond of Vancouver, B.C. are the guests of Mrs. W. Herrierson this week. While here they attended the funeral of the late Mr. L. Wright.

Mr. and Mrs. W. Kyle and son Delwyn of Vancouver, B.C. visited friends in the Pass over the holiday week-end. Mrs. Kyle was the former Miss Adeline Duffield of Coleman, and her husband was a former Hillcrest resident.

Mrs. M. Godfrey was a recent visitor at Calgary, a guest of Mrs. Rose Glover.

Mr. and Mrs. Paul Belter recently visited various points in British Columbia.

Mr. and Mrs. T. Holstead visited Mr. and Mrs. Joe Hanrahan at Lethbridge.

Miss Mary Bell Bare of Lundbreck, is visiting with her grandmother, Mrs. M. Godfrey.

Mr. and Mrs. Peter Walker are spending a holiday in Ontario and other Eastern points.

Mr. and Mrs. J. MacQuarrie visited their son-in-law and daughter at Lake Louise.

Miss Verda Plante of Drumhell-er visited her mother, Mrs. Mabel Plante.

Miss Dorothy Ann Binda, on the teaching staff of a school at Fort St. John, is visiting her parents, Mr. and Mrs. J. Binda.

**MINER'S  
PICNIC  
SUN., JULY 14  
AT  
KNOWLES RANCH  
Start at 11 a.m.**

Mr. Jack Rushton of Vancouver, B.C. was in town last week as the guest of his father, Mr. Jack Rushton, sr. He was enroute to Edmonton to attend the funeral of his sister-in-law, Mrs. George Rushton, who passed away on July 1st in Edmonton. He was accompanied by his father to Edmonton.

Mr. and Mrs. C. R. Easton of Seattle, Wash., U.S.A., visited the former's mother, Mrs. A. Easton last week. Mr. Easton was a former resident of Coleman, and his wife a former resident of Bellevue. While here they celebrated both Dominion Day, July 1st, and Independence Day, July 4th, as Mr. Easton was born in the U.S.A.

Mr. John Howarth was a recent visitor at Lethbridge, and he also visited Mr. Norman MacAuley at Crest View Lodge in Pincher Creek.

Mr. John Zukowich, a former Colemanite, now residing at Alliance, Alberta, was in town last week, renewing old acquaintances.

Mr. and Mrs. Alf Phillips recently visited at Edmonton, guests of the latter's brother's, Mr. and Mrs. W. Hibbert and Mr. C. Hibbert.

Mr. and Mrs. Darrell Hiffman and children from Wabamun, Alberta, visited the former's parents, Mr. and Mrs. Clarence Huffman. They will also spend a holiday at Vancouver, B. C.

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BREAD, Brown or White, 4 Loaves \$1.00	ICE CREAM CRYSTAL Half Gal. \$1.19
PURITY FLOUR, 20 lbs. Only \$1.59 DISCONTINUING THIS SIZE	

CUT-RITE WAX PAPER, Boxed, 100 Feet, 2 pkgs. - 67c

BOUNTY PUDDINGS, New from CAMPBELL'S  
DUTCH CHOCOLATE, FRENCH VANNILLA  
LEMON and RICE 15 oz. Tins, 2 for 55c  
50c REFUND—PICK UP YOUR FORM AT THE STORE

PINEAPPLE  
Sliced, Crushed or Tid-Bits  
15 oz. Tins, 4 Tins 85c

CAMPBELL'S SOUPS  
Cream of Mushroom, Chicken Rice  
and Chicken Noodle O  
5 Tins for \$1.00

PEACHES or PEARS  
15 oz. Tins, 4 for \$1.00

TOMATOES, Town House  
28 oz. Tins, 3 Tins \$1.00  
20 oz. Tins, 4 Tins \$1.00

SCOTT PAPER PRODUCTS  
Scott Towels, 2 Rolls 49c  
Toilet Tissue, 8 Rolls 99c  
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MUSHROOMS, Gardenside,  
Stems and Pieces, 3 tins \$1.00

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12" x 25', 2 Rolls for 65c

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PEAS, CREAM CORN, CUT GREEN  
BEANS and CUT WAX BEANS  
15 oz. Tins, 5 for - 85c

KETCHUP, Hienz  
11 oz. Bottles, 3 for 85c

FAB and Plastic Garbage Pail  
7 lbs. of Soap and a Heavy Plastic  
Step-On Garbage Pail  
BOTH ONLY \$2.99

TOMATOE JUICE, Hienz  
20 oz. tins, 5 for \$1.00

Try some of these MAPLE LEAF Products at  
**Your Favorite Meating Place**



COTTAGE ROLLS, Ready-to Eat, Lb. 93c	
LARD, 4 lbs. for - 65c	PORK CHOPS, lb. - 69c
BALOGNA, Piece, lb. 39c	PORK SAUSAGE, Large
BACON, Sliced, 1 lb. pkg. 83c	2 lb. package - 99c

**BARGAINS from Proctor & Gamble**  
BOLD, Giant Size - 89c | ZEST, Bath Size, 3 bars 75c

TIN POP, Cragmont, 10 Tins for \$1.00

Bicks Polski Ogurki, 64 oz. Jug - 99c

WEST OIL, Gallon Tins, each - \$2.19

FANTASTIK CLEANER 24 oz. SPRAY - 71c  
32 oz. REFILL - 89c

Chocolate Quick 2 Lbs. for 79c	SHIRRIFF'S PUDDINGS, Banana Cream and Coconuts, 3 packages 55c
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KOOKIES, 3 Pkgs. for \$1.00	NEW from COLGATE PALMOLIVE ARTIC Power Heavy Duty Detergent
Fresh Fruits and Vegetables Always on Hand	KING Size \$1.69 GIANT Size \$1.00 LARGE Size 59c